

If undelivered, please return to: ARC Cancer Support Centres,
65 Eccles St, Dublin, D07 TD35.



Sample Name
Sample Street
Sample town
Sample County

An unexpected letter,
an unforgettable family...

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An unexpected letter,
an unforgettable family...

Happy Christmas to you and yours *•*•*•*•*•

Dear <Salutation>,

I'm sorry for writing to you today out of the blue.



But I hope you'll keep reading and that by the time you finish this letter you'll understand why I'm getting in touch.

My name is Siobhán Tighe. On the <date> <month> <year>, I was lucky enough to marry a man called Peter, the love of my life and the best father our three boys could have asked for.

I'm even sorrier it's not Peter writing; he would have been great at it. He was good at almost anything he turned his hand to sport, cooking, gardening, you name it. And Christmas, he was so good at Christmas, more on that later.

Sadly, he's not here to write to you; cancer took him from me and our three boys X years ago. He was XX years old. And our boys, Ronan, Dillon and Lorcan were just 7, 9 and 11 when he died.

And so it's up to me to let you know the difference people like you made in Peter's four-year cancer battle. Not just for him but for me and our boys, too.

You see, throughout those four challenging years the support you made possible was so important to us. If you or someone you love has experienced cancer, you'll know how much strength it takes to stay positive. Especially when you're on the receiving end of bad news all the time.

That's how it was for Peter, it was never good news, treatment after treatment, intravenous chemo, oral chemo, radiation, stoma

Please continue...

surgery, more chemo, more radiation, infections, temperatures and vomiting, it was relentless. Yet Peter remained positive; he held on to hope right up to the very end. We all did. **We just needed one treatment to work.**

The support you made possible was vital to giving us the strength to stay positive, to hold onto hope. And that's the reason I'm sharing our story today. Because I know the difference you made to our family,

That's what's given me the courage to write to you today. Because if sharing our story can help one family, then it's worth it.

<Salutation>, any donation you can send this Christmas to help support a family through one of the most difficult times in their life will make a difference.

I don't know how we'd have coped without Arc. How I'd have coped. When Peter was first diagnosed, I felt like I'd taken a kick to the stomach. I felt the air leave my lungs. It was terrifying. If you've ever been through it you'll understand what I mean.

For the first few weeks after I didn't really know what to do. I kept busy looking after Peter and the boys. I kept pushing my fear and sadness away. I didn't want to upset Peter with my feelings, he was already dealing with so much.

It was my friend <Name>, who'd been supported by Arc through breast cancer, who suggested I talk to them.

I will never forget the warmth and support I got my first day at the Arc Cancer Support Centre on <Street>. I was invited to a quiet area where I told our story to a lovely member of the Arc team.

That's when the floodgates opened and everything I'd been

Please continue...

holding in through those first few weeks just poured out of me.

In that moment, I knew I didn't have to protect anyone's feelings. I could just let go and begin to let my pain and fear spill out.

Through Arc I was able to access therapy and treatments like reflexology, which provided a lifeline for me at a time when I was trying to be strong for everyone else.

It wasn't just me; Peter found comfort in Arc, too, through therapy and acupuncture. I truly believe the support he received sustained Peter and gave him the strength to keep going for as long as he did.

But the thing I'm most thankful for is what you made possible for our boys. We told them Daddy was sick, but he was getting treatment and we were really hoping he'd get better.

But we were completely overwhelmed. Helping kids navigate something as big and life-changing as cancer is just so challenging. Arc has a beautiful programme called CLIMB, which stands for Children's Lives Include Moments of Bravery. And I'm so grateful our beautiful, brave boys got to take part in it.



Through art and play, CLIMB helped the boys better understand and express their feelings. It helped them voice their fears and meet other children whose families were in a similar situation.

Your support this Christmas will make it possible for children like ours to get the professional support they need at a really difficult and confusing time in their lives.

Please continue...

The boys, like all kids, are very excited for Christmas. But of course, there will always be someone missing from our Christmas, and there's an understandable sadness that comes with that.



Peter put his heart into making Christmas really special for our family

As I mentioned earlier, Peter was really good at Christmas. But our last Christmas together was probably the best. It was during COVID, so it was just the five of us.

On Christmas Eve, the boys all got into their matching pyjamas and we all snuggled up in the sitting room to watch The Muppets Christmas Carol. On Christmas morning, we'd all line up by age and head downstairs to see if Santa had come. Peter always went in first to turn on the tree lights, and he always pretended Santa hadn't come. The boys loved that.

We had a fry and after, while the boys played with their toys, Peter and I got stuck-in making dinner. Him as head chef and me very happily assisting as his commis chef.

It was just such a slow-moving, relaxed day. Having that time together, the laughter, the joy, the memories it meant and still means so much.

This will be our <X> Christmas without Peter; we miss him terribly, his kindness, his good humour, his cooking. But keeping these family traditions alive makes it feel like part of him is here with us.

Please continue...

I don't think the joy and happiness we shared on that final Christmas together would have been possible without the support of people like you. People whose kindness and compassion touch the lives of families like ours every day.

That's why I hope you'll support another family like ours this Christmas. A family on a really tough journey. A family whose journey may end in a positive outcome for their loved one.

Or a family like mine, who will need support to find a way to continue without someone they love.

It was a Monday when doctors told Peter that there were no more treatments, no more hope. He was gone within days. It was as if as soon as the hope died, Peter did too. We were shattered <Salutation>.

Peter and I had been through so much in our 21 years together, but the most difficult thing I've ever been through was losing him.

And now he's not here, it's up to me to make sure our boys get all the support and guidance they need to build happy, successful lives. To help them grow up to be the kind of man their father was.

It's been difficult to support the boy's grief while dealing with my own. But through Arc, the boys and I have access to grief counselling and other supports we've needed. Support that will benefit boys for the rest of their lives.

It's still painful, and I wish we hadn't had to go through it. But I know that it would have been even harder for us to get through the years since Peter's death without the continued support you make possible.

No child should lose their mother or father at such a young age. But right now, a family is on the same journey we've been on, and I know how much they need your support.

Please continue...

So this Christmas, in Peter's memory, I'm asking you to send what you can, whether it's €25 or €250. Thank you so much for everything you do and for taking the time to read our story.

Wishing you and yours a happy and joy-filled Christmas,

Siobhan, Dillon, Ronan & Lorcan

Siobhán, Dillon, Ronan and Lorcan
In memory of Peter



I know Peter would be so proud of our three boys. They're all sports mad, just like him.

P.S. <Salutation>, Peter's cancer diagnosis changed our family forever. Thank you for making sure we weren't alone on what has been a really difficult journey. My greatest wish this Christmas is that you will help give another family the love and support you've given mine.

P.P.S. I'd like to invite you to include the name of someone you'll be remembering this Christmas on your Christmas decorations enclosed. One is yours to keep. The other you can return alongside your gift to be hung on Arc's Christmas Tree of Love.

This Christmas, I want to make sure no family faces cancer alone. I want to help Siobhán and families like hers get the support they need.



I enclose a cheque / postal order / bank draft payable to ARC

OR

Please debit my: Now only Now and every month

A regular gift funds ongoing support + care for people affected by cancer

Card Number:

Expiry Date: | Security Code:

<Code: xxx>

Name: _____ Signature: _____

Name
1 Sample Street,
1 Sample Street,
1 Sample Street,
Sample Grove,
Sampltown,
Co. Sample.

Staying connected From time to time, we may contact you to tell you about the difference you're making and other ways to get involved.

I am happy to be contacted by phone.

My number is: _____

I am happy to be contacted by email.

My email address: _____

You can change the ways in which we contact you by contacting fundraising@arccancersupport.ie or calling +353 1 215 0250.

Please return this form in the prepaid envelope enclosed, so we can thank you for your donation.

Wishing you and your family a
Christmas full of joy, happiness
and memories that will
last a lifetime.

Siobhan, Dillon,
Ronan & Lorcan



From the desk of Deirdre Grant,
Chief Executive Officer



Dear <Salutation>,

I know, like me, you believe no family should face cancer alone.

Attached, you'll find a letter from an amazing woman called Siobhán Tighe. She wants to share her family's story and the difference your kindness and compassion has made in their lives.

Please take some time to read Siobhán's letter and how much the support you make possible means to families like hers.

Siobhán hopes that through sharing their story, she can help other families get the support they need at one of the most difficult times in any family's life.

Your support and generosity will mean the world to Siobhán and other families dealing with the life-changing impact of cancer this Christmas.

With all my thanks and warm Christmas wishes,

Deirdre Grant

CEO

Arc Cancer Services

Postage will be paid by Licensee

Your stamp
here will save
us paying
postage.
Thank you.

Hannah Hynes
ARC Cancer Support Centres
65 Eccles Street
FREEPOST DN7326
Dublin 7
D07 TD36

I believe no family
should face cancer alone

Happy Christmas

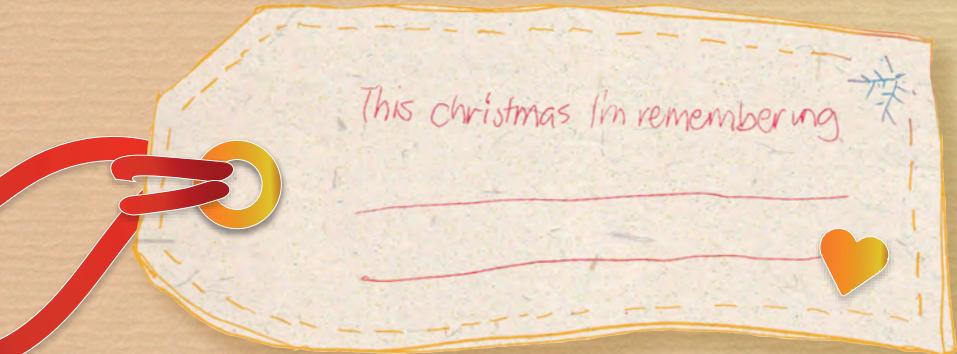


Every day we had
with Peter was a gift.

The memories we made,
and the traditions we
carry on, help us feel
closer to him.



This Christmas, we honour Peter's memory
by supporting Arc Cancer Support.



Attached is a special Thinking of You Tag.

Please write the name of someone you're holding close this season.



Keep one tag as a personal reminder, and return the other to Arc along with your gift. It will be hung on Arc's Christmas Tree of Love.



“Mam, I feel so much better after having that talk” This is what Lorcan told me after one of his first counselling sessions.

I can never THANK YOU enough
for making this possible.



Christmas will never be the same,
but keeping Pete's traditions
alive helps us feel like he's
never too far away.

www.arcancer-support.ie
info@arcancer-support.ie

01 215 0250

To register or
learn more

Whether you're newly diagnosed, undergoing treatment, have completed treatment, or assisting a loved one, we offer:

- Counselling
- Peer support calls
- Classes
- Workshops
- Support groups
- These services aim to help you cope and improve your well-being.

ARC provides free, confidential support for everyone

ARC Cancer Support Centres

SUPPORT LINE

01 215 0250

Monday to Thursday: 10am - 4pm

Friday: 10am - 2pm